ASSESSMENT OF GLYCEMIC INDEX AND GLYCEMIC LOAD OF DAILY DIETARY CARBOHYDRATE (GI & GL) INTAKE AMONG STUDENTS

Rahmanpour arjmand H[1], Saboorie S, Ebrahami Mameghanie M, Arefhosseini S.R[*1]
1.Nutrition Research Centre in, Tabriz University of Medical Sciences.Tabriz, Iran.

Introduction: The fundamental role of human diet on the chronic diseases have been reported before, however we failed to find-out any study about Iranian food items including the glycemic index and glycemic load and the their relationship to health related parameters. This investigation conducted among the apparently healthy and free of disease students to evaluate Iranian foods' GI and GL. The relationship between GL and BMI was investigated as common parameters. This study was performed among apparently healthy male (31) and female students (31) who lived in the dormitory, which aged 18-23 y. Dietary GI and GL were assessed using a self-reported food weighed record and also international glycemic index table was used. The main points of this study were to determine the average GI and GL intake of diets and comparison of the two genders.
Materials and Methods: The Schofield equation was used to distinguish under and over reports in the study. The habitual intake of students, were evaluated and the glycemic load of individual foods were calculated. The GL of each diet was also calculated by dividing the GL of the diet by the total amount of carbohydrate in the diet then multiplying by 100. The GL for each diet was obtained by finding the sum of each individual GL value.
Results: There were significant (P< 0105) low average GI and GL intake by female students group, compared to the male. GL intake of male students was 16 g; however the corresponding value for female students was 11 g. There was also a significant and strong association between GL intake and BMI (r= 0.34, P= 0. 0007) for all.
Discussion and conclusion: Present research, indicates to the feasibility and suitability of Iranian food stuff for application and assessment of the food intake by international GI and GL table.
Keywords: Glycemic Load, Glycemic index, Students

EFFECT OF NUTRITIONAL NON PRESENCE METHODEDUCATIONOFMOTHERSBYHEALTH VOLUNTEERS IN ANTHROPOMETRICAL CHANGES OF INFANTS

Nemati A[1], Mahdavi R[2], Hmydzadh Arbaby Y, Mashoufi M[*], Ghayour M
1.Ardebil University of Medical Sciences, Ardabil, Iran.
2.Tabriz University of Medical Sciences, Tabriz, Iran.

Introduction and Objectives: Intervention of parental education in increasing the knowledge of maternal nutrition has significant effect on infants' nutrition. Nutritional education of mothers will reduce malnutrition incidence and increase physical development of infants. The aim of this study was to determine the effect of nutritional non presence method on education of mothers by health volunteers on anthropometric changes in infants.
Materials and Methods: This project was a semi-experimental study. In this study, effects of nutritional non presence method education of mothers by health volunteers on anthropometrical changes of infants were evaluated in Ardabil. Seventy-six mothers with children under 6 months referring to healthcare centers in Ardabil were studied. Data were collected by validated questionnaire. Non-presence educational interventions based on a predetermined program were conducted and re- assessed after one to two months of intervention. Data were analyzed by SPSS and Epi-info software.
Results: There were significant differences in maternal knowledge about infants nutrition as well as between height and weight and infant growth curves before and after intervention ($p < 0.05$). The results of this study showed that this nutritional education method had significant positive effect on children's growth ($p < 0.05$).
Discussion and conclusion: This study showed that this nutritional education method was likely effective in increasing maternal knowledge about proper infant feeding.
Keywords: Nutritional education, Non- presence, Mothers, Infants, Anthropometry

IMPACT OF NUTRITION EDUCATION ON KNOWLEDGE, ATTITUDE AND PRACTICE OF ADOLESCENT GIRLS ABOUT DIETARY CALCIUM ACCORDING TO HEALTH BELIEF MODEL (HBM).

Shakerinejad G.H[1], Naghashpour M[*], Hajinajaf S, Jarvandi F, Lourizadeh M.R
1.Academic Center for Education, Culture and Research, ACECR, Khuzestan, Iran.

Introduction: Adolescence is a state or process of growing up from puberty to maturity. Adequate dietary calcium is needed to permit optimal gains in bone mass and density in the prepubertal and adolescent years. These gains are especially critical for girls because the accumulated bone may provide additional protection against osteoporosis in the years after menopause. Dietary calcium knowledge of dietary calcium sources is a first step toward increasing the intake of calcium-rich foods. The present study has been elucidated to see the impact of nutrition education on knowledge, attitude and practice (KAP) of adolescent girls about dietary calcium. The theoretical bases for the research were the Health Belief Model (HBM).
Materials and Methods: In a Controlled trial, a total of 188 (95 cases and 93 controls) female junior high school students in the age group of 14-18 years were selected randomly from two schools of Ahvaz, Iran. Both two